

“My family and friends help me by...”



“Loving me”



“Helping me dance”



“Showering in the snow”



“Playing with me when I’m sad”



“Giving me joy when I can’t decide”

Simone Cumberbatch, 8
Dr. Charles C. Polk School – Roselle, NJ

FAMILY HELP-LINE 1-800-THE KIDS

For more information on parenting and children, visit the New Jersey Task Force on Child Abuse and Neglect on-line at www.njtaskforcecan.org

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October

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S 1 There are no perfect parents, so forgive yourself when you're less than perfect.	M 2 Yom Kippur Tell your children about why holidays and traditions are important in your family.	T 3 Take time to develop your interests this fall. Sign up for a class or exercise group.	W 4 For less-stress mornings, check the weather report the night before to help your children select what to wear the next day.	T 5 When your family's schedule gets too hectic, circle a date on this calendar for a quiet evening together at home.	F 6 Bring books and healthy snacks (crackers, cheese, grapes) when you visit the pediatrician and other places where you expect to wait.	S 7 Don't ignore your teen's negative feelings. Talk about them and offer help and support.
8 National Children's Day Raising healthy, happy children is the most important job in the world.	9 Columbus Day Ask your children to research how long it took Columbus to sail from Spain to North America in 1492. (5 weeks)	10 National School Lunch Week Healthful meals can improve children's concentration and help them succeed in school.	11 Join with other parents to organize supervised activities for adolescents and teens in your community.	12 Parenting is less stressful when you balance your busy days with a good night's rest.	13 If your child is having academic or behavior problems, meet with his or her teacher to come up with solutions.	14 Are shopping or errands on your list today? Pack snacks and a favorite toy to keep your little one happy.
15 Avoid the Monday morning rush by preparing lunches, backpacks and diaper bags the night before.	16 Feeling stressed? Get in touch with a supportive friend or relative, or call 1-800-THE KIDS for someone to listen.	17 Make it a rule that it's never okay to translate angry feelings into physical or verbal abuse.	18 Coping tip: Try regular exercise every week such as going for a swim or walk or taking a fitness class.	19 Know parents under pressure from divorce, job loss or other trauma? Offer support and let them know help is available at 1-800-THE KIDS .	20 Schedule a sitter and spend some special time with your partner or friends this weekend.	21 Stress can affect kids, too. Make sure your children aren't overcommitted with school and extra-curricular activities.
22 When anger builds, walk away from the situation until everyone cools off. Discuss the issues when everyone is calm.	23 Keep stress in check by making exercise a regular part of your life. Try dancing, bowling or aerobics.	24 Stressful day? Try a change of scenery. Gather up the children for a walk around the neighborhood or a hike in the park.	25 Nurture your adult relationships. Make time for activities with your friends.	26 When life seems too hectic, simplify your family's schedule—choose the most important activities and let others go.	27 Don't hurt the ones you love. If someone can watch the children, go outside and take a walk.	28 Making a list of children's weekend chores can save a lot of nagging. Post them on the refrigerator.
29 Daylight Savings Time Ends Time to turn clocks back an hour—and put new batteries in your smoke and carbon monoxide detectors.	30 Plan ahead how you'll manage childcare and work schedules when school is canceled for snow days this winter.	31 Halloween Partner with another parent and always accompany the children when they are trick or treating.	Parenting sometimes seems like the toughest job in the world. Try this month's tips to cope with the challenge.			